



Chichester

HERALD

Friday 10th November 2014

YOUR FIVE WEEKLY NEWS BULLETIN

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HERALD

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A Mayor for Chichester?
A la Bon?
TOMMY BOYD

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We're two tickets
to see Interstellar
COMPETITION

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Her passion is upon us again
DENISE KELLY

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Most dangerous road named

>> Report names Chichester to Petworth as death trap

Source: East
NEWS/CHICHESTERHERALD.CO.UK

A COUNTRY ROUTE in West Sussex has been named as the most potentially dangerous road in Britain, according to a report.

The Road Safety Foundation (RSF) compiled the publication called How Safe Are You on Britain's Roads.

It listed the 10 roads (in order) A101, between Chichester and Petworth was the most dangerous, as fatal and serious crashes had risen 50% from 2005 to 2013.

West Sussex County Council said

it had carried out improvements on the A101 between Petworth and Chichester to improve the situation.

A 10-mile (16-km) part of the A101 in Gosport was found to be the most worst.

The report looked at high-risk and medium-high risk roads which have shown little or no change in accident levels or which had increases in crashes between 2005 and 2013.

The RSF said safety measures on the A101 were not enough and "more 'hard-landing' intervention" was needed.

A West Sussex County Council spokesman said the road was a

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A101 between Chichester and Petworth was the most dangerous road in UK.

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ALLEGATIONS OF TWO AT
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Report names Chichester to Petworth as death trap



priority and that it had created a safety scheme with more works planned.

"These improvements include lowering speed limits, installing flashing warning signs and enhancing street lighting," he said.

The third most dangerous road was a section of the A101 at Midfield, near the A101.

Other roads mentioned were a stretch of the A101 between Looe

and Looe, and a section of the A101 at Looe, and a section of the A101 at Looe.

The RSP report also showed that the number of road deaths had been reduced by 80%, from 1971 to 2011, on 15 stretches of roads it looked at because councils had done less work to maintain roads with traffic.

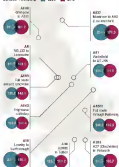
Overall the roads on the A101

roads and motorways have reduced by 10 per cent in the last six years according to Foundation report, called 'How safe are your British roads?'

A total of £14 billion is lost annually in road crashes on British roads based on the number of reports made to the police, and 14 per cent of the UK's road network surveyed was labelled as "unacceptably high risk".

to most dangerous roads in the UK

Source: Department for Transport, 2013



Think Family project to be extended in West Sussex

A WEST SUSSEX PROGRAMME which is helping hundreds of people's lives for the better is to be extended for up to five years.

West Sussex County Council has given the go-ahead to extend the Think Family scheme for family and life group support to people in the county.

Think Family is a local version of the government's Trained Family initiative and involves the County Council working with partners at Children's Services, Sussex Police, District and Borough Councils, health organisations, Job Centre and many commercial and charitable organisations.

The first phase of the Think Family programme has the aim of helping around the lives of 100 families by the end of March 2015, for very similar have shown

positive impact government criteria and Think Family is well on its way to meeting this target.

The next phase of the programme will now see another 100 families benefiting from the government help and support that government and other specialist organisations in families.

Peter Evans, West Sussex County Council Cabinet Member for Children - Start of Life, said: "This project really is turning people's lives around and helping families on so many levels."

"Not only is West Sussex the last area in the country for getting people back into employment under the Think Family scheme but it's also thought to be the only area to be using a 'neighbourhood approach'. This is a really successful approach where we work collectively with people living in certain areas to improve

them to make positive change for themselves."

Phase two of the programme will work with the families affected by at least two of the following issues:

- Parents and children, involved in crime or anti-social behaviour
- Children who have not been attending school regularly
- Children who need help
- Adults out of work or at risk of financial exclusion, and young people at risk of unemployment
- Families affected by domestic violence and abuse
- Parents and children, with a range of health problems

The proposal to extend the scheme was recently endorsed by the County Council's Children and Young People's Services Select Committee.

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Anorak Corner

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Bracklesham Bay is mentioned in the track 'Saturdays Kids' (Paul Weller) on the 1979 album by The Jam, 'Setting Sons'.
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Woman arrested over allegation of fraud at Selsey legal firm

A 40-year-old woman has been arrested on suspicion of stealing money from a family's estate.

Officers were alerted on May that there was a complaint about the way a Selsey legal firm, Gatten and Co, was handling the distribution of a Middlesex woman's estate after her death.

The allegation involves the misappropriation of £150,000 from the estate to the beneficiaries.

A 40-year-old woman from Selsey

has been arrested on suspicion of fraud by abuse of position, criminal damage and money laundering.

She was questioned before being released on bail until 14 December.

Anyone with information should email scotcrim@nps.police.uk, quoting serial 941 of 0105, call 01253 or contact the independent charity Crimestoppers anonymously on 0800 555122.

Man who smashed car into traffic light banned from the roads

TWO MORE men have been banned from the roads after being caught on a crackdown on drink-driving in Sussex.

Dave Wicks, 35, was almost three times the drink-drive limit when he smashed his Peugeot into a traffic light in Portfield Way, Chichester.

He struck the light with such force at 1.2pm on 22 June that one of the car's wheels was torn off.

Wicks, of Churchwood Drive, Tongwynnos, pleaded guilty to

drink-driving. He was banned from driving for 14 months, made the subject of a 10-month community order and told to do six hours of community service. He may also face £200 and told to pay £85 costs and a £10 victim surcharge.

Dave Powell, 33, was arrested after he was stopped at about 8.30pm on 27 June because he was driving without insurance in The Highlands, Bognor Regis. Powell, of Highbury, Durr, Bockinghampton, pleaded

guilty to drink-driving, driving without a licence and insurance and failing to answer bail. He was banned from driving for 10 months, fined £200 and told to pay £85 costs and a £10 victim surcharge.

A total of 98 people have now been convicted of offences after being arrested in June as part of Operation Drunkenly, Sussex Police crackdown on drink-and-drug driving.

DNA sample found of hammer killer

A PROFILE DNA profile has been obtained of the man suspected of murdering an artist by bludgeoning her with a hammer.

Walter Grosse, 55, was found dead in a property in Bournemouth in May 2000 while she was having sex with her partner.

The DNA sample exact complete enough for a search to be carried out on the DNA database but could be used to eliminate suspects, Sussex Police said.

The 32-year-old was found "in a significant breakthrough".

He added: "Anyone who provides us with a DNA sample could be eliminated from the investigation."

The sample indicates the suspect was white, police said.

In September a reward of up to £20,000 was offered for information leading to the arrest and conviction of the person who murdered Grosse.

Police believe she was attacked in bed by an intruder walking a hammer.

She was killed while staying at a house in Bournemouth Lane with her mother, sister and sister's partner while the couple were on holiday.

Mr Grosse was told at 11.30 pm GMT on 29 December and was found dead in a bathroom the next morning.

The hammer believed to have been used in the attack was found near the house.

The attack's family was asleep at the time she was attacked, Sussex Police said.

A post-mortem examination found she suffered head and facial injuries.

The hammer believed to have been used in the attack was found in Hox Lane, a five-bedroom terrace from the house.

The charity Crimestoppers and Sussex Police are each offering a £20,000 reward to help find the killer.

Man convicted of harassing residents

A 40-YEAR-OLD man has been convicted of harassing residents and neighbours in the town.

Stuart Edmund Green, 40, of Elmour Road, pleaded not guilty to causing harassment and alarm or distress on 14 April last year. He appeared at Worthing Magistrates' Court for trial and was found guilty on 28 September.

The court heard he approached residents and shouted abusive language at them and threatened them to a campaign of harassment.

On Monday (3 November) he was sentenced to a one year community order, to include restraining order not to contact

four people he has been harassing or display posters, leaflets, photographs or files these four people.

He was also given a restraining order to stay calm between the hours of 10pm and 9am and ordered to pay a victim surcharge of £10 and costs of £1,500.

After the case a police spokesman said: "Officers in the neighbourhood policing team in the Area were worked closely with the community to gather evidence against Green."

"Anti-social behaviour and harassment will not be tolerated."

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Water Angel aims to reduce alcohol-related A&E visits

HOT STINK MISS, shes and been an being encouraged to become Water Angel to help reduce alcohol-related anti-social behaviour and A&E visits.

Licensed premises are being urged to make it as easy as possible for 25-34 year olds in a night out to get some before drinking water.

The Water Angel scheme was launched today (Thursday) by West Sussex County Council's Public Health team ahead of Alcohol Awareness Week which runs 19-23 November.

The scheme is thought to be the first of its kind in the UK.

A pilot project at one of the county's biggest nightclubs saw models dressed up as angels encouraging the sale of water from water jugs to children. Smaller venues are being asked to introduce water jugs to make sure people can top up with water.

West Sussex County Council's Cabinet Member for Community Wellbeing, Christine Pidd, said: "This is about making it easier for young adults to drink more water, and in doing helping them to keep their drinking and avoid a hangover."

"Local young adults have told us that they often forget to drink water



on nights out, and that having to queue at a bar and ask for a glass of water is a hassle - so why not take the water to them?"

"It is a simple idea but could have real benefits both for the health and safety of young adults and venues - and their local communities - where it could lead a reduction in anti-social behaviour."

Recent local health research found that 28-34 year olds often forget to drink water on nights out and that it was sometimes seen as a sign of weakness by their peers. They also said that having to queue at the

bar for water was another barrier as they did not want to queue out on their feet.

Among those backing the scheme is 20-year-old Henry Mayberry, a University of Chichester graduate, whose older brother Tom died in his car from alcohol addiction.

Henry's sister Lisa Dyer, is a secretary of his brother, has been moved more than a million times on YouTube and he has set up the Last Day campaign to raise money for addiction and recovery charities.

Henry said "I think Water Angels is a fantastic idea as it conveniently

promotes drinking water without being too blatant, which is critical if we want to change the mind-set that it's acceptable to pass yourself out on a night out. I really hope the scheme catches on around the UK and I'm proud to be part of it."

Susan Poles has funded the scheme. Learning and Public Safety Manager at Sussex Police, Jon Irving, said: "I think Water Angels is a great idea. Anything that dilutes the effects of alcohol is a very positive step forward. We welcome any initiative that can help to prevent drinking and anti-social behaviour."

Adam Poley, General Manager at Mids England in Crawley, which traded the scheme, said they had very positive feedback.

He said: "The events went really well. The strategy was to give people the chance to have a pre-drink whilst drinking safely by encouraging to drink water in between their alcoholic beverages."

"We had models dressed with angel wings and they helped get the water drinking message across. The concept went down really well with people."

"We would definitely encourage other venues to incorporate this concept into the nights as it truly had a positive effect."

A Water Angel website (www.water-angel.co.uk) and Facebook page (www.facebook.com/WaterAngelUK) has been set up with messages about safer drinking.

According to Public Health England, over nine million people (20% of the population) drink at levels that increase the risk of harm to their health.

The County Council's Public Health plan, Healthy and Well in West Sussex, uses every opportunity to lead to reduce hospital admissions for alcohol-related harm.



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Work starts to make walking and cycling clearer around Chichester train station

CYCLISTS AND PEDESTRIANS will notice something different around Chichester railway station and Southgate in the coming weeks.

Improvements are being made to make the station forecourt clearer and safer for pedestrians, cyclists, buses and taxis.

A new cycle route will be created between the station and the city centre, while an existing cycle link from the station to Hangleton Leisure Centre will be improved.

Pedestrians will find it easier to cross between the station square (near the Glade pub) and the bus crossing on Stoddards Road.

West Sussex County Council is carrying out the work – which started on Monday, November 3. It is made of work for people to travel by bike or by foot and for passengers in taxis between the railway and the station.

County Council Councillor Member for Highways and Transport, Peter

Morris, said: "This work will make it much clearer and safer for people to cycle and walk around the city."

"There will be clearer signs for motorists and taxis when they arrive at the station to pick up or drop-off passengers."

He added: "There are further improvements to cycle routes at Chichester planned next year, at Northgate and along a circular route for the entire city."

By the spring we expect cyclists around Chichester City Centre to be as easygoing as commuters travelling by train."

The work is expected to last for five weeks and disruption is likely. Motorists are encouraged to use the southern forecourt to pick up and drop off passengers.

The taxi rank and disabled parking bays on the northern side of the station will be temporarily relocated elsewhere within the station or park for the duration of the works.

He said:

"Traffic management will be in place to limit access to the northern side of the station."

West Sussex County Council was awarded £1.5m from the Government's Local Sustainable Transport Fund (LSTF) to deliver sustainable Chichester and Hangleton between 2014/15 and 2016/17.

This commitment is being used to improve public transport infrastructure facilities at rail stations, cycle routes and pedestrian facilities, and to fund initiatives that encourage people to change the way they travel to work and school.

The Chichester Railway Station Forecourt improvements are being delivered in partnership between HS2C, Network Rail and Southern Railway.

HS2C's Highways team, contractor, Collier's Earthmoving, will be delivering the works through their sub-contractor, Landbuild Ltd.

Be a good neighbour and help stop rogue traders

RESIDENTS across West Sussex are being asked to look out for signs during tradesmen paying on elderly and vulnerable neighbours.

The roll comes as National Consumer Week - Monday/November 3 to Friday, November 7 - which is supported by West.

National Consumer Week is an opportunity to raise awareness of consumer issues occurring nationally each year. The National Consumer Week 2014, Good Neighbours (Stop Rogue Traders) campaign, educates employers, friends, families and even shows how to spot incidents of crimes and the potential ways they can be supported to support vulnerable victims and to refer relevant information.

These traders often visit and sell their own or carry out work at properties which is of poor quality, unnecessary and charged at exorbitant prices, sometimes even during the winter to the bank to withdraw money or borrowing from.

Nat. Sussex Trading Standards are advising residents to always say 'No' to traders offering home improvement services in order to avoid becoming a victim.

Nat. Sussex County Council's Cabinet Member for Residents' Services, Laurel Bernard, said: "National Consumer Week gives power-brokers an opportunity to help provide them with an exit route from

becoming victims of doorstep crime."

"Not only the work itself but by making standards offices to help and promote rogue traders, neighbourhood awareness plays a key role in reducing doorstep crime – reducing the impact of local crime."

The demand of doorstep crime makes beyond financial loss. It can cause a person's mental health to deteriorate and in some cases, suffer physical harm.

Throughout the campaign, Trading Standards Officers will be out and about on foot. Encouraging National Consumer Week, promoting the key campaign messages and giving out so much advice that residents which residents can display to door doorstep crime.

The officers are also available from 10am to 4pm on West Sussex.

If you need advice in relation to a doorstep crime, please call the Consumer Advice Consumer helpline on 0300 555 3333. Residents who will be awarded to Trading Standards for follow up.

For more information about National Consumer Week and for practical advice on how you can help prevent vulnerable households becoming victims of doorstep crime, go to www.westsussex.gov.uk/stoprogue.

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St Wilfrid's Hospice Christmas cards with local scenes



FOR THE LAST FEW years St Wilfrid's Hospice have been selling Christmas cards featuring beautiful paintings of local scenes which have proved very popular.

This year there are 12 local scenes with Annual Cards, the beautiful St. Bognor Regis Sands and Hangleton Headland among the new designs.

being featured. The other designs are East Street and Tower Street in Chichester, Eastwicks Village and Longcross Harbour, Bosham and Hart Wiering. The cards will be £1.95 per pack of 10 and some designs are already in short supply - don't miss!

Traditional cards are also

available and cost from 60p per pack of 10. The cards are available to buy from all of the St Wilfrid's Hospice shops as well as the Reception shop at the Hospice. By buying and sending these cards you will help raise essential funds to support the services provided by your local hospice.



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Refusal to help cancer patients is a cancer itself

We might wonder who the freedom doctors, doctors at NHS England are who initiated the appeal from the membership of cancer patients, Alex Davis, for her to have specific cutting-edge drugs? How does they delay her the drugs and add to the poor woman's burden, while waiting in groundless limbo on their website that 'control to our ambition' or to place the patients and the public at the heart of everything we do? 'Waiting for a cancer vision, in Southampton a few years ago I interviewed a man who said he was leading back his NHS in charge at the refusal to fund the drugs his wife's consultant had recommended for the NHS England turned down Alex and her urgent need, someone who has contributed to society as a taxpayer and to the nation and as a teacher? That can they really easily refuse on any grounds while we remember they paid for a wheelchair would be have a look up, but for reconstructive surgery, but because she was depressed at her loss too? Fortunately, a charity at



Allis Moss
On the Case

a firm of consultants, the Home and Trustee Charitable Trust, accepted to pay for Alex's treatment, but these consultants refuse to help cancer patients as a cancer, in themselves, that we have to find a cure for

Stretch
A wonderful GP last just told me that he makes everybody stretched at least once a day and would prescribe them a walk. Data already know that, of course! This consultant whom would help prevent shoulder and stiff back from continued motion. Mobilising and stretching on the skeleton are part of the norm up routine I do with my broadcasting students

at London City Literature Institute at the start of every class, something. The learned myself founding page and myself alone. The always thought teaching page or stretching class of some kind at school would be a good thing to get us started early in life at such good habits

Unfair fares
Thanks to all of you who wrote to On the Case about the train fares from Chichester to London before, soon when off-park time start. Harold reader Stuart points out that you can ask for a single, teachers-only ticket to London Victoria for the outbound journey and an 'off-park' single from Victoria to Chichester, only, using the Network 'Golf' for the return. That makes it around £90 outbound and £40 for the return, thanks Stuart. He sums up by saying: 'Well bloody hell though' which I think captures the spirit of the exchange. But I think I can better Stuart's suggestion. If you buy the return part of your journey for a booked, specific

off-park time, as long as you buy the ticket before 6pm the evening before, it should cost £60. And I've reminded us that off-park ends not at 9pm but at 7pm, which means you can't do so last night before then get the 9pm book, but, amazingly, have to wait for the 9pm

explosion and didn't demand he buy another ticket. I know I was 'I was' and before will say it again, Southern rail staff on the train and in Chichester station are great. It's just the assurance that's probably unstable and laboriously overpaid.

Men in dark suits
Another from story in column, as they say. A man had lost his return ticket as a stoppage for a changed platform. The big, big learned conductor accepted the story but he would not guarantee the passenger safe travel after the Harben switch when he would be at the mercy of his replacement. I followed him, too, being involved in his conversation to another passenger. The safe passage seemed as if it would be short lived here, two unrelated individuals have down on him not to excuse him. I think he was shocked that they accepted his

And finally
Talking of visiting London, I had to find somewhere to take an early-born child yesterday and, wanting to avoid the queues of Madame Tussauds, settled on The Clark, a museum of printers and penmanship through the ages, at London Bridge. This is the place to go if you want to see how heavy the original ball of the 'ball-and-chain' method

Anyone who wants to support the charity which helped Alex Davis can do so online at the Virgin Money website virginmoneygiving.com/nhsuknowsmore

Contact Allis: cs.official@chichesterherald.co.uk

Fifty Years On

My grandparents have just taken us on holiday to celebrate their 50th wedding anniversary. This to me is utter madness, both the crazy silliness of being you whole family on holiday for something that is actually quite personal, and the fact that in fifty years they have been MARRIED.



Mia Edwards

Delight (what does granddaddy have on hand?) The people who every Wednesday make me a cup of tea and listen to me whine about the ignorance of everyone in my year and how lame they are and how I am going to fail all of my exams and all of my life and might as well just end up as a ball and not do it then find, and put please I will have more cake because I am destined for a life of misery and unhappiness

But I mean, they're been married fifty years. It's an extremely tight family, these two women and one way of adults who sometimes join in our Mad Rave (once, currently enjoying our Mad Rave on Zoom because we're in the novel, Cross Country). And all of that is because of them. The when I have life problems, I will just think about them, the people who really do actually know what they're doing, and hope that one day I can be just like them. 'What's eating my Granddaddy because they're the last but not all the best

Normal ones (which is length of time. That is a milestone from time. The thing about relationships of this length is the amount of work and emotion that has to go into them, the complexity that you have to share to see another, as well as the support and encouragement year after year as NORMAL. It goes to show that of something as so long, even with the bumps of life, strong relationships, they can actually work out.

I have an emotional love for my grandparents, perhaps because they're pretty much the most people in the world. These are the beautiful humans who took my cousin and I to a father's home on special points of happy Indian, where my granddad pulled us to the front of the queue with the line. Tell them my love. They'll know what I am. The people who have really taught ingredients for me and my cousin's special creation on endless occasions throughout the years and automatically pretended to enjoy our Chichester and Grape

Photo of the week

#Chichesterphoto



John & Barbara @ John & Barbara

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Funding available for South Chichester good causes



South Chichester County Local Communities (CLC) has just under £25,000 left to allocate from its Community Investment Fund

CHARITIES and community groups in the South Chichester area are being urged to submit an application.

South Chichester County Local Communities (CLC) has just under £25,000 left to allocate from its Community Investment Fund for the current financial year.

Community Chairman Margaret Dorrant said: "Through the Community Investment Fund, we have been able to give grants to a variety of projects which have made

a difference to people in our area.

"I would encourage any individual or group in the South Chichester area without exception with a project that will benefit the community to send in their application as soon as possible.

"We'd love to help more people, and I'm sure there are lots of wonderful – and worthy – charities or organisations that would benefit from our help."

The deadline for applications to South Chichester CLC is Community

Investment Fund, at Wednesday 27 November 2014.

Application forms and information on how to apply, as well as eligibility criteria, can be found on the Community Investment Fund page.

Great applications will be considered at the next South Chichester CLC meeting for the financial year, which will be held at 7 p.m. on Tuesday 27 November 2014, at County Hall, Chichester.

Record Office announces new workshops for family historians

A NEW PROGRAMME of workshops has been organised for people who want to trace their family tree.

The "coffee-hour" sessions, which are aimed at beginners, will be run by staff at West Sussex Record Office in Chichester throughout 2015.

The workshops will be held at noon on the first Wednesday of each month, starting on 4 January with an introduction to the vast range of material available at the Record Office.

On 4 February, people will be given an opportunity to learn how to use old handwriting.

And on 4 March, participants will be introduced to the popular family history websites, Ancestry and Findmypast, and will be able to obtain on the ISO's Who Do You Think You Are? series and available line of charge at the Record Office.

Further sessions will look at the

range of archive sources available at the Record Office, which date from as early as 1500AD, and how best to use them for family history research.

Assistant County Archivist Matthew Jones commented: "We've been running these sessions for several years now and they've been incredibly popular with people who are new to family history. We've developed up the programme this year with some new workshops on school records, naval records and on studying the history of a house."

Anyone interested in joining up for a workshop is advised to book early by calling 01243 759590.

Each session costs £9.50 and includes refreshments. For more information, visit the Record Office website (www.westsussex.gov.uk) and click on "archive and events".

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Chichester Cathedral awarded second grant from the First World War Centenary Cathedral Repairs Fund

CHICHESTER CATHEDRAL RESTORATION & DEVELOPMENT TRUST has received a £200,000 grant from the First World War Centenary Cathedral Repairs Fund. Grants from the fund, announced at Bletchley Park, allow cathedrals to undertake urgent repair work. The Trust successfully applied to the second round of the scheme for funds towards urgent repairs that are needed to part of the Cathedral roof, situated to the North Transept. This particular roof space covers the St Nicholas Chapel which is an essential part of Cathedral life. The Chapel is a hub for the Cathedral's activities (was in total) and it also a society frequently is, as part of the Cathedral's daily round of worship.

Rufus Pagan, Cathedral Spokesperson, said: "Chichester Cathedral is one of a reducing number of English Cathedrals maintaining a free entry policy and that is essential, in part, by the constant fundraising efforts of the Restoration Trust. The receipt of this grant is particularly welcome at a time when the Cathedral is



embarking on a major programme of restoration and development projects over the next ten years or so, necessitating a tidying of the Trust's fundraising efforts to date."

Crug Sargent, Trust Director,

commented: "This is wonderful news and we are immensely grateful to both the Department for Culture, Media and Sport and Chichester. The repairs to this part of the roof will cost a total of £300,000, so this

much needed award, together with matched funding being provided by the Trust, will enable this urgent work to be completed within the next 12 months."

This award is part of a second

round of funding allocations – the Commission Post World War Centenary Fund was set up earlier this year to help Cathedral with urgent repairs and the first round of grants was announced in July. In the first round, Chichester Cathedral was awarded £100,000 for urgent repairs to another part of the Cathedral roof – its North West Tower. Crug Sargent explains: "We are awash with grants to ensure the second round, a number of which is very early round as it coincides with the start of the project enabled by the first round announced earlier this year. That first project, to repair the roof to the North West Tower, commenced on Thursday 1st of last week."

Grants such as this are an essential part of the Trust's fundraising efforts, they enable urgent works to take place, so the Trust can turn its attention to the continuing – and challenging – task of raising funds for the Cathedral's numerous other restoration and development projects, an essential and early programme of work requiring many millions of pounds.

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National News



News in Brief Thousands take part in London 'Guy Fawkes' protest

A FORMER rebel DJ has denied being a pyromaniac, yet alongside Jeremy Corbyn in the capital. The alleged arsonist told a trial in Manchester that Guy Fawkes had been burned because he refused to wear a protest banner on his head but "it was just said that he had been responsible for some events, such as arson and certainly not burning London". Mr Tovey, 39, from Manchester, denies more than 30 charges of arson, including 15 counts of arson.

A 16-year-old model has been arrested and charged with arson after she posted a picture of a police officer on Facebook. The 16-year-old girl posted a picture of a police officer on Facebook. The 16-year-old girl posted a picture of a police officer on Facebook.

A 16-year-old boy has been arrested from a house in London after he was found with a gun. The boy was found with a gun in his room. The boy was found with a gun in his room.

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THOUSANDS of anti-capitalist activists have marched through central London to protest against political oppression.

Protesters wearing Guy Fawkes masks marched from Trafalgar Square to Parliament Square as part of the Million Masks March.

organised by activist group Anonymous. Scotland Yard said protesters had been made to feel they were 'pious'.

Protesters wearing the protest mask against authority and oppression of rights.

West Sussex woman dies in Cyprus holiday sea rescue bid

A 46-year-old woman died in Cyprus holiday sea rescue bid. The woman was found dead in the sea.

Christine Digby, from West Sussex, suffered a heart attack while on holiday in Cyprus. She was found dead in the sea.

Friends who knew Mrs Digby said she was a very kind and generous person.

Gloucester Post Online said.

Mr and Mrs Digby had lived next door to her in Littlefield, near Horsham, for more than a decade.

"They had lovely grandchildren, and they were quite involved with them," she said.

Her husband is older and they are now both in their 60s. They are now both in their 60s.

The incident occurred in the Borelago area of the water resort. The incident occurred in the Borelago area of the water resort.

Gloucester Post Online said.

Burning bus explodes in south London street



A 32-year-old London bus exploded in a south London street on Friday.

when the bus was thought to have exploded in the street.

The blaze happened at the junction of Sturges Road and Sandy Lane in Merton, at about 10.30pm on Friday.

The driver of the bus pulled over to the side of the road and got passengers off as smoke rose from the back. London Ambulance service treated one person for shock. The cause of the fire is not thought to be suspicious.

There was an explosion on the bus which threw debris from the bus across the road, a police spokesman said.

Bankrupt goalkeeper David James auctions football memorabilia

FORMER England goalkeeper David James is auctioning off his football memorabilia.

James, who played for Luton, Aston Villa, West Ham, Manchester City and Portsmouth, was declared bankrupt in May.

Among the items being sold through London-based auctioneer

Wicks are a signed shirt, shorts and match balls.

Also being sold is a limited-edition Aston Villa and Luton kit.

The 41-year-old was 33 England caps during a career that also saw spells at Norwich, Bristol City and Southampton and as currently goalkeeper and manager of Indian

Super League side Farnham Town FC. He is also a professional, who also includes various DJ equipment, many records, books and toys, are being auctioned by the auctioneer. Items including an England home kit signed by James and a bright pink Portsmouth goalkeeper's jersey, are expected to sell for thousands of pounds.

Chichester Business

Picture Yourself as a Small Business Owner



It's a good job that you can't become the size of the home-based business. Owned in spare time, in the third bedroom, many owners what full and part time jobs continue. For every, these reported business are supporting using with additional income, building the entrepreneurial streak that often has outstayed.

This is a business trend that is catching fire. Many individuals look for the flexibility to work for themselves and from home, so they can live where they want, work when they want and use the income needed in order to support their family.

It's reported that more than 90% of all new businesses are started from home, with many of the best ideas beginning with the imagination and creativity of individuals who start part time. However, great perceptions are making full time careers from these efforts.

Perhaps you're wondering whether you are ready to take the first steps too.

Local resident Zoe Edwards is an example of one such home-based business, which began with an innovative idea. When a contract with an employer ended, she was given the premise she needed in order to combine a creative aptitude. 'Picture This Pictures That' started out like all good ideas, as more of a hobby," Zoe told me. "I had an idea about displaying pictures in a more substantial way than just in a frame, so an idea to create something with a little more warmth and feeling that began to be realized.

"I started experimenting with transferring pictures onto coffee beans, and there was a huge amount of trial and error. It was frustrating when it didn't work and there was damage almost done. I then created some products for myself



and friends started to ask me to make things for them. The pleasure I got from seeing someone so happy with something I've made for them

is immense. It's the best job in the world. The first customer I made was a 40th birthday present. I transferred forty black and white

pictures of the birthday girl onto small handmade clay tiles and mounted them inside a large deep frame."

Zoe has now developed a range of products and each tells a story.

"The most popular at the moment are my wooden cubes," Zoe says. "My friend has a set of six, with each cube having six pictures of each of her grandchildren from birth to now. She loves picking them to use and rearranging them on her kitchen window sill each morning."

With Christmas just around the corner, Zoe, like many other talented home-based business, is busy exhibiting at various fairs and events. The next appearance for 'Picture This Pictures That' is at 'That Place Village Hall' on Saturday 14th November 2008, from 10.30-4.00. Visit her website at: www.picturethispictures.co.uk for more information.

Herald Recruitment

Chichester Herald provides businesses with an unrivalled, targeted and cost effective advertising outlet to reach the City with a newspaper readership of 103,000.

The newspaper is available for well selected pick up across the city of Chichester and surrounding areas in a wide variety of locations every Friday.

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in our area will also get at least one newspaper delivered to their homes if they are in the City Centre, a town or village, all included business parks or a large retail or a countryside.

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Great Ballard School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. The successful applicant will be subject to an enhanced DBS check.



New gift and handicraft shop opens in the Almshouse Arcade

ALTHOUGH SOME SHOPPS in Chichester are slowing down, one shop continues to open its doors to the public in the Almshouse Arcade.

Opening its doors made to make the most of the rise in Chichester, Purple Lanes Crafts, sells a selection of hand-crafted, handmade gifts and cards.

During the next few weeks the shop will also stock a festive range of specially designed handmade Christmas decorations, cards, art ideas and sample lots of various craft projects together with

explanatory notes.

The new venture is the brainchild of Lynn Webb, who is a former illustrator and teaching assistant at South Downs College, where she discovered her love of needle and hand design.

"I have been successfully selling my handmade cards and gifts at Craft Fairs but decided it was time to find a permanent outlet."

"I wanted to be in Chichester as it is such a popular shopping destination offering shoppers a mix of big retailers and plenty of small-scale independent shops," said Lynn.

"In the New Year I plan to offer a service for brides to design their own wedding stationery and to build up an online website for people to come along and try out various craft techniques for themselves."

Purple Lanes Crafts is open from noon to 4pm Wednesday to Saturday and is the latest venture to open in the Almshouse Arcade with its popular mix of small shops selling antiques, toys, bro-silver, vintage records and pop memorabilia together with a bookshop and a specialist cake maker.

Covers support Sunshine Corner, the community-inspired playground for Chichester

EVERYONE has heard of Sunshine Corner, the new community-inspired playground for Chichester. Many are proud to have the project to see what the community donated funds and materials had achieved.

Chichester College's student volunteers, Emma Hurrell, Sophie Webb, Henry Hurrell and Emily Luffa, Class President Association, worked hard to create a letterbox now planned for residents of Poldine, Chichester. In order to build the project, the team needed to raise around

£1000. The majority of this came from goods, but the remainder relied on local businesses, such as Gomers, to step up and make a vital contribution.

Lynne Gomers, Project Coordinator and Lecturer at Chichester College, said: "This project was a lot of hard work and re-employment, but it's really paid off. Very few of the Poldine residents have gardens but thanks to the help and donation received, the children of this area now have somewhere wonderful and safe to play. It's amazing to see some of the equipment including a children's climbing frame, and the parents

have somewhere to meet and relax."

Gomers' contribution included two hand-drawn plaques that are now on display in the playground and much needed building materials to help make the project possible.

Many commented: "Family comes first at Gomers and we understand how important it is to spend time together, especially as the link at the playground is a fantastic resource for local residents and their children, and we are proud to have been a part of the project."

For more information about the project, please email: hurrells@chichester.ac.uk.

Forgotten history of Bognor Regis college unearthed in new book

THE HISTORY of a Bognor Regis college which rehabilitated children as their return from the battlefields of World War Two has been unearthed in a new book.

Doors of Opportunity reveals the forgotten existence of the Bognor Regis College of Education, now the University of Chichester, which nurtured women and women as teachers following a national shortage in 1945.

The paperback, which is due for publication next month, has been written by Paul Thomas and his former deputy principal Barbara Smith.

She said: "This is a tribute to a generation who returned from the war determined to build a better future for the children who followed."

"The history of teacher training throughout the post-war period was dominated by questions of how to supply teachers in a time of national shortages."

"The success of the initiative was part of a broader commitment to education, moral, and cultural regeneration in Bognor Regis from which we still benefit today."

The book will be launched at a commemorative event held on the

original teacher training centre at the University of Bognor Regis campus on Thursday 13 November.

Mr Smith will be speaking at the launch, which starts at 1pm, about the institution's unique role in giving other girls in Chichester in 1945 an experience into the West Sussex Institute of Higher Education, and how it informed university studies in 1960s.

She added: "Many distinctive features of the college remain part of the ethos of the University of Chichester today."

"This includes the emphasis on social teaching proper and on social studies, which reduced formal specialisation, to become 'universal teachers'."

Copies of the Doors of Opportunity, which cost £10 each, will be available at the event and can also be purchased from the University of Chichester at www.itschichester.ac.uk.

For full text more about the launch, or to book a place on the event, call, contact organizer David Phillips at d.phillips@chichester.ac.uk.

World-renowned motoring journalist joins Goodwood

GOODWOOD has announced that globally renowned journalist, presenter and past team race driver Clive Hurrell has joined the Goodwood Road & Racing website team.

Goodwood Road & Racing was launched in June 2014 as a digital destination for the global community of fans of Goodwood whose range of events includes the Festival of Speed, Festival Meeting, and Goodwood Classic along with coverage of Goodwood events and other blue-chip heritage motoring and motor sport gatherings globally. Goodwood Road & Racing offers news, reviews and original insight on new experiences, luxury vehicles and sports cars, plus a wide range of topics associated with Goodwood and motoring.

Clive joins a roster of expert contributors at Goodwood Road & Racing that includes Andrew Penfold (British name and journalist), Henry Hope-Prior (motor sport commentator and



Clive Hurrell

author), and Ed and Lynn (classic and collectible car market analyst).

Clive's role will include driving and reviewing the race circuit

and motor experience, sponsorships and banners, sharing commentary around his new video projects, and writing about his life and house

as an enthusiast and as owner of collectible (and occasionally otherwise) cars and motorcycles.

Goodwood also looks forward to

welcoming Clive onto the presenting team for live broadcasts from Goodwood motor sport events, and where possible supporting Clive's competitive drives in everything from the Supercar Shoot out at the Festival of Speed to the RAC TT Championships at Thruxton.

Clive Hurrell said: "I look forward to the first moment I stepped onto the lawn at the Festival of Speed back in 2009. I've wanted to somehow work at Goodwood. It has always felt like the hub of the typical car enthusiast's life and one way to live through cars, capable of celebrating the addition to our world, but most of all fun. I can't wait to start looking the Goodwood Road & Racing website with my fellow enthusiasts and the rest of the Goodwood team. For a mixture of new and old, road and race, Goodwood Road & Racing will be the best destination on the web."

How WSCC is taking big strides to reduce its carbon footprint

NBC has entered a long-term deal to reduce its carbon footprint, allowing usage of more than 100,000 sq. meters of space.

The council has cut the amount of gas and electricity used in its buildings by 19% and 25% respectively since 1990.

As strong as it has raised energy prices, energy costs and, going in, Carbon Reduction Commitment payments, and other taxes of carbon.

Council Leader Louise Goldsmith said, "A few years ago the County Council, like many others, signed up to reducing its carbon emissions by 25% by 2020 - quite a long time off but I am pleased to say we are on track to deliver this target."

Energy is only going to get more expensive so it is important we make efficiency savings now to help lessen our impact on the environment while saving the taxpayer money.

"Our dedicated staff have been instrumental in our success and without their support we would not have been able to deliver such a positive outcome."

However, we must stop and re-evaluate the ways of making more savings and drawing out costs."

The Council has also entered a solar power with photovoltaic panels on its mobile office, fire stations and clinics. Last year the electricity from all installations was almost enough to power all NBCC's fire stations.

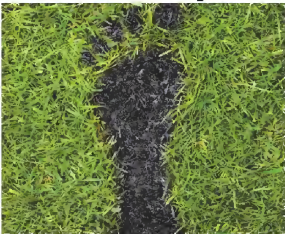
Other nonmarket goods and sustainable resources include:

Most Summer Car Share Scheme (the scheme currently has 3000 members and helps to cut travel costs and reduce carbon emissions).

MSOC has delivered 210 School Safety Zones and many Safe Routes to School improvements encouraging journeys to work that aren't like ours.

Last year 8,500 school pupils received Citizenship training at level 1. More than 60 people received level 2 or master's citizenship.

Levels of 'recorded cycling' in Cheshire have increased by nearly 75 per cent.



The swinging sixties remembered at Chichester College

A PACKED Goodwood restaurant played host to a celebratory night of food and entertainment last month.

The evening saw the Galleys' Goodwood restaurant turn back the clock with a full night's worth of swinging-swing inspired entertainment, the first of five evenings provided in over the next six months celebrating every decade the College has been in existence.

The evening, which hoped to replicate the history of the nation with original music and a specially designed menu, included many former staff and students, who have been greatly involved with

the celebrations of the College over the past few weeks as the 50th anniversary passed.

However, prior to the celebratory dinner, Dave Grasso, a local singer and entertainer, warned guests with several reminders of popular culture themes including Dryden's *Bolero* and Something Something Dave, who has children studying at the College himself, presented a fitting backdrop to the evening with many guests notably impressed by the entertainment.

The final, which had been specifically designed and created by the Goodwood kitchen team of Level 2 NTEC students, was:

special selection of native flowers including a statue of cuckoo with raspberry crocus and a main of Red Bourcington with rosemary mixed potatoes. What he doesn't play at, the pineapple upside-down, take yet a smile on the face of the man in bed-covers.

In between the three courses, to keep plants thinking, a quiz was devised with questions ranging from "How many Principles has Clarkson College had since it opened in 1904?" to "What famous institutions or companies do celebrate their 50th birthday this year?"

One guest: Michelle Williams

who was visiting Goodwood for the first time said: "The food was yummy and perfectly cooked and the singing and decor was brilliant, I've really enjoyed myself and will be coming back next month to check out what the 'newbies' will have!"

Put up is a seven-themed night on Thursday 9th November, tickets can be booked by calling Clare in the College's Combined restaurant on 01937 76020, extention 2000.

Midhurst Music Society's research is rewarded!



Great Grunthaugher of Ball House Area: Haul all the commercial fish at Baskinmore shore.

MEMPHIS MUSE SOCIETY
(BMS) is celebrating its success in tracking down surviving relatives of local Randoms First World War hero Lieutenant Colonel Bill Hume W. RE. Local members and research carried out with the help of the Imperial War Museum in London resulted in contact being made with Bill Hume's daughter, grand daughter and great grand daughter.

Midwest Music Society's concert on the 22nd November at St Mary's Church Eastbourne at 7.30 pm, in conjunction with the Royal Liverpool, will welcome four members of the Moore family. Consequently the programme will tell us what would have been said at Don Moore's own wedding anniversary, and his daughter Jane's 25th birthday. The remark she made that Bill Henry's group

daughter Helena Stephens MBE is a British journalist, mountaineer, and television presenter. In 1993 she was the first British woman to reach the summit of Mount Everest.

Anna Mamo, great-granddaughter, will open the concert by reading Dylan's poem "Gauguin" in honor of Bill Hays, her colleague and oil artist, and Commonwealth military personnel who have been at active service in overseas conflicts since 9/11.

MMF Director of Music Mary Knight said, "We are preparing a program of music on the theme of Remembrance. There are some favorites such as Fauré's "Requiem" and "Cantique de Jean Racine" and others less well known including "Values for Truth" by Benjamin Williams. We will be joined by two young artists Kim Alder and Oscar Smith with trumpet. Steve Carrasco and organist, Richard Esler."

Tickets for the concert may be purchased from "The Hotspot" in Foamside Hill and from the "Angel" hotel in North Street or they can be ordered via the B&O website www.musicians.org by e-mail from enquiries@musicians.org or by telephone 0904 500000.

Tickets must state if brought in advance or City at the door.



Bill Hunter being awarded his Will by King George VI

What's On in your local area...

[illegible]

• Peter Allen (1942-1998) Celebrator of paintings, watercolours, drawings and prints - Somerset Centre of Arts, 28 Andrew's Court, Cheltenham PO16 8BH. 01243 779999 were on exhibit from 20 October to 9 November. Open from 11.30am every day except Monday.

Peter Allen lived and worked all his life in the Gloucestershire and London landscapes, in particular the South Downs, feature in almost all his paintings. The exhibition will include some of

has lots, some abstract works in oils, alongside more traditional oil paintings, and watercolours dating from earlier in his career. Some, but not all, of the original works will be for sale. There will also be a selection of new Gailie prints, and a large variety of merchandise on display.

- The Area Sounds Ladies Earbushop Chorus are currently seeking females of all ages and voice ranges who enjoy singing. The ability to read music is not essential. Rehearsals are held on Monday evenings 7:30 - 9:45 at Jubilee Community Hall, off Chelmsford Lane, North Emsay, PO18 6TU and we look forward to welcoming interested women. We have a list of various equipment's throughout the year and annually support a charity. Expenses to sing! 01464 6 www.theareasounds.co.uk

• **Cheltenham Art Society's** autumn programme continues with a variety of events on

to the end of the year. On Thursday November 20th 6:30-8:45pm Brighton artist Curtis Tappin will celebrate the Society's fourth annual award

On Thursday December 6th 10.30am-11.30pm local artist Kate Tugend specialises 'Colour blending', key to any successful painter. Visitors to meetings 10, includes rubricaments and relief. The Society's popular Figma & Figma Workshops continue with 'Shades of Light: Portrait Study' alternate with 'Life Study on Tuesday' alternate 1.30-4.0pm. These workshops are chosen by word winning local artist Louise Coleman and these are an excellent 'Must' in your preferred medium. Cost is just members £10. For more of the details of the programme or to book, members are booked in advance. (To facilitate disabled) Parties welcome as currently history action is continue. The Society were a Local Happen Centre, Ticey Way, St Dunstons, where

there is parking and easy access.
For more information or to book
please, contact the Secretary on
01923 836716 or email jan@compellition.co.uk

- Picnicman Shows and Date
November 2004
Sunday 10- 3.30pm.
Autumn Show and Culture

Friday - or - 3:00pm
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Coast
Sunday - or - 3:00pm,
A Remarkable Landing on a

Friday 14 9:30pm, *The Integral of Jupiter and its Moons*
 Sunday 16 3:30pm,
The Northern Lights

Tickets: Adults £4.00, Children £2.00. Tickets are available to collect at the The Museum, Tower Street, Chichester.

If you would like a copy of this or prefer
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 hard copy of the book free of charge.

A map showing our location can be found at: www.southdowns.com.

A map showing our location can be found at: www.analisidorms.org.uk

- **Comradie** is a social club which provides friendship and companionship for single people
- It is not a dating club but any

It meets every Tuesday at the Walnut Street location, and holds a variety of events throughout

The past few months are very welcome. Anyone who would like more information can visit www.universiteitszorg.nl or phone 0900 000 000.

to cherry-pick I read that you'd like All Farms are subject to change supplied and in good lots. Otherwise, no, I don't know, that's all I can say.

Food & Drink

Florida man orders most expensive Starbucks



Love's Wednesday last week (10 October) 74 ounces he was having a particularly hard time getting into the right frame of mind for work.

The beverage bar here, named the largest and most expensive to be ordered at coffee outlets

EVERMORE ORDERS that today on a Monday morning when only a strong coffee will get you ready for work.

Hill case was in the US has taken it to the streets, ordering Starbucks' largest ever coffee, containing a grand total of six shots.

The latte, made with 39 additional shots of espresso and 17 extra scoops of vanilla syrup, was ordered by Florida resident 74

his looks. The order cost him a total of \$10.75.

But Love did not stop paying for the perpetually coffee, using his loyalty card instead. The loyalty programme allows customers to receive a free coffee after their 10th purchase, and Love capitalised on this.

Then asked by Today the reason for the six-ounce coffee machine, Love said: "It's an interest

challenge

"I wanted to beat out the record" Florida resident student, however a Starbucks told the previous record for largest Starbucks drink ever created. In July also ordered a six-shot frappuccino worth \$10.95, which was served to her in a 16-ounce glass with a spoon.

Political consultant and talk show host Love brought along his very own six-ounce tumbler cup that he had purchased online as a joke.

However, the people at the coffee giant were far from pleased at Love's purchase. Starbucks spokeswoman Linda Mills said that their policy was not to serve hot drinks over the 20-ounce limit and that the six-shot latte was a breach of this.

Love stopped the drink with five of his friends, posing reasons to his social media of him taking the cup to the

'Stronger warnings needed' over pregnant women drinking

CAMBRIDGE and doctors are calling for stronger warnings about drinking during pregnancy, ahead of a legal test case on fetal alcohol syndrome.

The case will decide if a child born with serious disabilities caused by her mother's alcohol consumption should be compensated as a victim of crime.

Some scientists suggest thousands are born every year in the UK with serious health defects caused by alcohol.

Stronger health warnings have said there are mixed messages on the issue.

HEI guidance states "women who are pregnant or trying to conceive should avoid alcohol

altogether"

But a contractor "if they do choose to drink, to consume the risk to the baby, we recommend they should not drink more than one or two units once or twice a week, and should not get drunk."

The Royal College of Obstetricians and Gynaecologists has said "current scientific opinion points to there being no hard evidence that very small amounts of alcohol consumption during pregnancy are harmful."

But advice and research can seem contradictory

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Flu season is upon us again!

I don't see how we get into and out of the flu season so early except for all the things we do to ourselves. We have a party or an event for a flu day. What ever happened to concentrating on our immune systems and just making the body strong and healthy? How about we all get educated better on the best super foods and herbs that can support us through these winter months? We are given everything



Denise Kelly
Herbalist & Acupuncturist

we need, so why don't we utilize this wisdom and knowledge more? So, according to the media, this season again right now, but before

you run out for a flu shot and expect yourself with health compromising issues, consider stocking up with homeopathic tea. Traditional Chinese medicine practitioners have been prescribing homeopathic tea to boost the immune for over a century, and recent research provides scientific evidence showing homeopathic medicinal actions. Indeed, this study, published in the journal *Cell Research* 2014, marks the first time a natural substance has been found to directly attack a virus.

Researchers from Beijing University of Chinese Medicine discovered that a molecule called MIF-1921 can suppress the influenza A (H1N1) family of viruses, which includes the Spanish flu, swine flu, and even the flu virus when homeopathic is crushed up and inhaled.

The Magic Bubbles

According to some online news the Magic Bubbles tea will most definitely be the discovery that a natural product can work in the same way as proven new treatments for the virus.

Homeopathic is a popular garden plant with highly potent medicinal herbs. There are approximately 100 species around the world of which at least two are native to the UK and more than half of the rest to China.

In water, the molecules entered properties known as tea, which is a real indicator to how powerful homeopathic really is. MIF-1921 works by destroying two parts that have been suggested as key to the replication of H1N1 virus. Researchers also determined that both the natural and synthetic versions of MIF-1921 inhibit the virus effect on H1N1 infections. In addition, researchers declare that MIF-1921 also directly targets the H1N1 virus. There's a big claim to make, and I have no comment on

that, just if you research the evidence seems to be pretty convincing. Because GMP means how the ability to create and become resistant to previously effective treatments, it's important to find natural methods that can treat multiple viruses. Homeopathic seems to be one such alternative as why not try on some homeopathic tea that winter season to see for yourself? It's safe, side-effect free, and sweet-tasting!



There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get outstanding health and energy Denise does private consultations in three offices in West Sussex. She also teaches the changing health marketplace and considers the corporate companies and various health organizations all over the world. For more information contact her via email denisekelly@uk.ch info@denisekelly.co.uk @DeniseKelly 07798411028

Stress and anxiety relief

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and in lowering stress-related people.

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and high blood pressure which will allow you to feel relaxed and energized.

More importantly, regular acupuncture treatments can help strengthen your body and improve the body's immunity, so you're able to deal with the day-to-day stresses of life more effectively



A patient under Dr. Peng Wang's treatment



Dr. Peng Wang and Helen Wang

Alternatively, acupuncture/Chinese massage can be applied to people who have a fear of needles (however, acupuncture (needles) is often applied to clients after acupuncture in order to reduce the discomfort of the treatment.

In fact, in some cases, acupuncture being used beyond one condition can actually help detect another, more severe illness that has not been previously checked for. In such cases, acupuncture aids in early diagnosis and treatment.

Remember, acupuncture/acupuncture is just one method of relieving stress. It's also important to learn positive and proactive ways to cope with stress on a daily

basis, thereby combining them to help you enjoy a happier and healthier life.

Dr. Peng Wang is an acupuncturist of the AFACM and has been practicing his profession for over 20 years. He has been volunteering at Cancer Help in Chichester, which has helped to improve the life of many people. He also has his own clinic in Chichester city centre.

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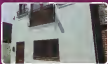
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FIA publish provisional 2015 F1 entry list featuring 11 two-car teams

THE FIA have published the provisional 2015 entry list which features 11 two-car teams, including Caterham and Manor.

The futures of Caterham and Manor (see *Manor*) had been

in doubt after both teams entered administration following the Russian Grand Prix leading to them missing last Sunday's United States GP and the forthcoming race in Brazil.



SportSport's reports that Manor are going to return to the grid in Abu Dhabi, while the administrator in charge of Caterham has suggested that the Leinfild team could race in the season finale too.

The Manor team was born out of successful racer Formula One Manor Competition, which previously ran Lotus Hondas and Team Red Bull in Formula One.

My Sports News reported that Caterham are 'optimistic' they will be among the season finale in Abu Dhabi and that they hope to have a new owner in place by then.

"We are still hopeful we will be racing in Abu Dhabi," said Caterham administrator Paul W. Green.

"There are a number of parties involved, but because the financial constraints are so huge it is difficult for people to commit."

"But I'm hoping when the reports in Abu Dhabi we will have decided a deal before then, or at that point."

The way, very hopeful the team will race in Abu Dhabi. We are creating arrangements to go to Abu Dhabi as we speak."

The list also revealed that McLaren will be called 'McLaren Honda' next season as opposed to 'Honda McLaren' as had been speculated.

Entry list as full:
 Caterham: Red Bull Racing Limited (GBR), Team name: Red Bull Racing

Caterham: Mercedes-Benz (GBR), Team name: Mercedes AMG Petronas Formula One Team

Caterham: Ferrari, SpA (ITA), Team name: Scuderia Ferrari

Caterham: Lotus F1 Team Limited (GBR), Team name: Lotus

F1 Team

Caterham: McLaren Racing Limited (GBR), Team name: McLaren Honda

Caterham: Force India Formula 1 Team Limited (GBR), Team name: Sahara Force India F1 Team

Caterham: Sauber Motorsport AG (GBR), Team name: Sauber F1 Team

Caterham: Scuderia Toro Rosso S.p.A. (ITA), Team name: Scuderia Toro Rosso

Caterham: Williams Grand Prix Engineering Limited (GBR), Team name: Williams Martin Limited

Caterham: Manor Grand Prix Racing Limited (GBR), Team name: Manor F1 Team

Caterham: McLaren Racing Team: BSN BHD (MYS), Team name: BSN BHD F1 Team
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Sport

Football

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Sunday 31 October 2014

Sussex County Cup

Burgin Hill 4-4 Chichester City Ladies

CHICHESTER CITY LADIES began their defence of the Sussex FA County Cup with an away tie at Burgess Hill Town Ladies. The Queens army was the cup on a memorable night, back to Marsh with a 3-0 win over Burgess Ladies. Going into the game as defending champions Chichester knew that opposition teams would raise their own games, trying to cause the ultimate upset.

With a mix of first and development squad players Chichester looked off starting with first five of seven that started the final back at Marsh. The Queens army started brightly crossing several chances however the experienced Burgess Hill keeper was equal to all of them. The deadlock was finally broken after some good combination play on the right hand side between Harriet and Chichester allowed the

Letter to put in a low cross for Chichester's young Ella to top into the net from close range.

After the goal the pressure continued with Amber dosing herself one on one with the home goalkeeper. This first a low effort towards goal which was turned away for a corner. From the resulting corner Emma Kennedy managed to rise above her marker but headed the ball just over. Amber continued to look dangerous and was running through the home defence with mistakes was only to find the goalkeeper equal to all of her efforts.

In a rare moment of despair the home side struck the bar when a hopeful effort from Amber Whalley caught everyone by surprise. She managed to find a yard of space and slipped the ball towards goal and with an amazing head the ball bounced off the top of the goalpost for a goal kick.

Without really getting out of that goal Chichester went into the

break with a one-goal advantage.

It took less than five minutes for Chichester to put any thoughts of an upset to bed as first Amber then Chichester both got on the scoreboard. Within a minute of the restart Amber found herself on the end of a through ball from midfield and the team there was no stopping her low driven effort. Shortly after Chichester found herself through on goal and with another low angled strike from the right there was effectively one.

Chichester used both of their substitutes bringing on Gracie and Spencer and then managed to further problems to Burgess Hill. After having come on Gracie proved too strong for her marker who also was able to turn and rifle a shot towards goal from all of my yards out, once again the home team keeper was equal to the effort tapping it over the bar.

It was a case of when not of the ballies would increase their lead and the goal came on 30 minutes when Chichester showed great



composure to turn a cross in from the left hand side where it may have been easier to use her head.

The fifth came when Sam Egan was put through on goal and with everyone willing her to score to cap an impressive performance she easily slotted the ball into the back of the net. There was just time for a sixth when Emily Gerron

found herself in space and latched onto a cross from the right hand side.

An impressive performance which saw the ladies win the next round. Chichester are once again in cup action at home to Lewes City Ladies on the 9th of November, 14 o'clock off.



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